

# Introduction

A while ago, I came across an interesting thread on X written by an acquaintance. In this revealing thread, the author chronicles his personal journey toward healing eczema through a disciplined and transformative approach. Rejecting quick fixes and commercial solutions, the narrative details how thoughtful lifestyle adjustments can lead to significant health improvements. The author details a regimen centered on simplicity and natural wellness.

In essence, this short thread challenges conventional paradigms of health recovery, advocating for a return to natural principles and self-empowerment. It serves as a compelling testament to the simplicity of aligning body, mind, and spirit in the pursuit of wellness.

With his permission, I decided to compile the text into a PDF, adding some provided pictures, so I can share it with everyone, including family and acquaintances who are not on X.

*Jacquad Yakhlef*

Tangier, Morocco

Wednesday 21 August 2024 – 16 *Şafar*<sup>1</sup> 1445H<sup>2</sup>

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<sup>1</sup> *Şafar* is the second month of the Islamic lunar calendar and months in this calendar shift approximately 10 to 12 days earlier each year relative to the Gregorian calendar. Therefore, *Şafar*'s timing varies each year.

To determine the current Gregorian month that corresponds to *Şafar*, you would need to refer to an Islamic calendar converter or a current Islamic calendar.

<sup>2</sup> The ““H”” (in Arabic: هـ) is an abbreviation for هجرة (*Hijrah*/Emigration). It refers to the year in which the Prophet ﷺ emigrated to Medina (tr. *al-Madīnah an-Nabawīyah*). As Muslims, we adhere to our own calendar whenever possible, known in Arabic as التقويم الهجري (transliterated as *at-Taqwīm al-Hijrī*).

## A Thread: How I allowed my body to heal my Eczema

You may expect a silver bullet or a protocol in this thread, if so, you will be disappointed.

**I also have nothing to sell you.** I took responsibility & self-control to remove/stop those behaviours, which were preventing this healing process. My goal was to remove any obstruction so my body can proceed with healing itself. I removed all medication and made a few changes in my habits. At the time I made this decision, I was not familiar with water fasting. Incorporating water fasting would have helped this process even better and be faster.

This was my daily routine:

- Upon waking up, drank a room temperature glass of clean and uncontaminated water with half a freshly squeezed organic lime in it.
- First food of the day was plenty of organic local fruits.
- Ate fruits either in whole or blending them as a smoothie with organic coconut water in it. With smoothie more fruits can be consumed.
- Always ate fruits on an empty stomach and never after any other food.
- Had a glass of freshly juiced carrots, granny smith apples and oranges daily. Always on an empty stomach.
- Sometimes, I blended a whole watermelon and drank that.
- Increased my water intake to ensure I was hydrated.
- Incorporated herbal teas such as dandelion root tea.
- Reduced animal food intake but did not stop completely.
- If I ate meat, it was only as last meal at least 4 hours before sleep.
- Reduced cooked meals.
- Occasionally did Epsom salt hot bath.
- 3 bowel movements daily was a must.
- Exposed myself to sunlight without using any sunscreen. I have never used sunscreen and have never been sunburned. **Gradual exposure is the key.**
- Occasionally did sauna to encourage sweating.
- No food was processed or packaged.
- Occasionally used fresh aloe vera for unbearable itchiness and organic coconut oil for excessive dryness.

That's pretty much it. Nothing magical or spectacular. Regaining health is that simple. It takes knowledge, self-control (discipline) and responsibility.

This routine will resolve many conditions even beyond skin conditions because it fixes the root cause, toxemia. Body, mind, spirit must align for healing. I encourage everyone learn how the human body functions, because current popular understanding of it is absolutely wrong!

These images (in the appendix) are from my 40 days healing crisis which started 5 months into the routine mentioned earlier. Started from the tip of my finger and suddenly took over both hands. Since this healing crisis, I have not had any sign of eczema. It's been 3 years since.

Kind regards,

Ali

14/4/23

XX: @3dom13







